

BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 6, No. 18

Marine Corps Logistics Base Barstow, California

March 14, 2002

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Check out the Marine Corps Web site.

<http://www.usmc.mil>

BARSTOW LOG
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<http://www.barstow.usmc.mil>



Photo by Curt Lambert

Members of the Marine Corps Drum and Bugle Corps share a few words with young spectators after their performance Thursday afternoon at Sorensen Field. See Pages 6 and 7 for more about the ceremony.

Women's Advisory Panel agenda expands

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON, D.C. — The 51-year-old Defense Advisory Committee on Women in the Services has a new charter that reflects changed times, a senior DOD official said.

Charles S. Abell, assistant secretary of defense for force management policy, said DACOWITS would continue to provide the secretary of defense with advice and counsel "on those issues that are important to the professional opportunities of women and to help us recruit and retain a great force."

However, he said, senior DOD officials reviewing the department's advisory bodies decided to refocus DACOWITS "to address the needs of the department in the 21st century." He said the committee's new agenda includes specifically looking at

family issues and examining their impact on retention and recruitment.

When Defense Secretary George C. Marshall established DACOWITS in 1951, Abell noted, military women's career paths were limited mostly to nursing and administrative fields and few senior billets were open to them.

Today, he said, military women fly combat aircraft, serve in leadership positions aboard aircraft carriers and other naval vessels, support combat land operations, and hold three-star rank in every service.

Primary changes to the DACOWITS agenda include:

- An expanded charter that calls for study of family quality-of-life issues and their effects on recruiting and retention.
- Committee members must have military experience

or be past or present military family members.

— DACOWITS' mandatory semiannual conference requirement is removed. While the committee will continue to convene at least twice a year, it may meet more often if necessary.

Additionally, Abell noted, the committee could grow, but to no more than 35 members. Some of DACOWITS' current 22 members may be selected to serve on the new, larger committee if eligible, he added.

The new committee, Abell noted, will examine issues such as professional opportunities for all service members; quality health care; pregnancy and parenthood; single parents; child care and development; the effects of frequent family separations because of military duty; and military

Long-term care insurance

New program allows military, civilian federal employees to cover themselves, families

By Sgt. 1st Class Kathleen T. Rhem

American Forces Press Service

WASHINGTON, D.C. — A new program starting later this month will offer long-term care insurance to military and civilian federal employees and their families.

The federal Office of Personnel Management has contracted with John Hancock and MetLife insurance companies to provide this additional benefit for all federal employees and retirees.

The insurance program is designed to cover expenses associated with long-term medical care in a nursing home or in the patient's home.

Federal employees will be able to purchase the insurance for themselves or their families, including parents.

Federal retirees are entitled to enroll only themselves and their spouses in the program, according to information on the program's Web site, <http://www.opm.gov/insure/ltc>.

An early enrollment period is scheduled from March 25 to May 15, followed by an open-enrollment season beginning July 1.

Applicants may be required to answer health-related questions, provide medical records or be interviewed personally to be eligible for the insurance.

Program managers haven't announced premiums yet, but rates will vary based on amount of coverage, type of inflation protection chosen and current age of the person being covered.

Officials plan to include a rate calculator on the Web site by the time the early enrollment period starts.

Service members and federal civilian workers initially might think they needn't worry about long-term care insurance, but perhaps they should, officials said. Medicare, TRICARE and the Federal Employees Health Benefits Program are not designed to cover long-term care, they noted.

The usual practice in similar civilian programs is the younger and healthier the beneficiary at enrollment, the lower the premiums. That should also be true in the federal version, said Frank Titus, OPM assistant director for long-term care.

Federal officials emphasized the government pays no part of the premiums or benefits.

Those officials recommended individuals who want more information on issues surrounding long-term care and on the federal program to sign up for an e-mail newsletter, at https://lfcfeds.com/pre_reg.html, or to visit <http://www.lfcfeds.com>.

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THE COMMANDER'S FORUM

The "Commander's Forum" is a tool of the base commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via e-mail to Forumc@barstow.usmc.mil.

Q I would like to know if sometime in the near future the back gates will re-open at Yermo and Nebo.

A As the war on terrorism proceeds, the security of the base will remain an over-riding concern of this command. As we all watch the news we should recognize that those who would do us harm have not finished their activities. Across America, every military installation is struggling to balance security, mission necessity, and convenience. Security measures require personnel and resources to ensure our safety.

Unfortunately, the manning of additional gates is beyond the bounds of possibility at this juncture. While this is an inconvenience for some people, we feel that the security of our base and our work

force far outweigh the alternative. Unfortunately, after the events of Sept. 11, our daily lives and routines will probably never return to "the ordinary course of things."

SUBMISSION guidelines

The Commander's Forum is used to keep the work force informed, to explain why things are they way they are or appear to be, and, when possible, to correct situations or make improvements.

It is a valuable two-way communication channel through which

people may address concerns they're not able to resolve through the normal chain of command.

Every Commander's Forum call or e-mail is researched, even if it is not published in the Barstow Log. If "callers" identify themselves, they will receive a response.

A Message from the Commandant



The Marine Corps' success in safeguarding American ideals and protecting our national interests is a product of the varied contributions of all Marines – uniformed, civilian, retired, and family members.

All have something unique to offer in forging that success. Our civilian work force provides an element of critical continuity.

You are, in many cases, our corporate memory – that frame of reference upon which we rely so heavily in rendering key decisions about the future course of our Corps.

We expect a great deal from you

and we are never disappointed.

Thanks to the vision of the 29th Commandant, General Al Gray, we are reaping the benefits investing in the professional development of our Marines.

Through education and managed career progression, our uniformed personnel have been afforded the opportunity to realize their potentials and rise to positions of leadership and influence in our Corps. Our civilian partners deserve no less.

I am committed to a professional development program for our ci-

See MESSAGE Page 4

Seeing open spaces in the right light

By Lt. Cmdr. Elmon R. Krupnik
Base Chaplain



In any direction that you drive from our Barstow community, you see a lot of open space.

That open space can mean different things to different people. For some, it might mean freedom; for others, imprisonment. Living in our community can be great or difficult.

How can we have such extremes when living in the same community?

I believe that part of it is an understanding of the purpose and reason of why we are here. Another reason is how much we are involved in the community.

Do we take advantage of what the community offers? Can our community do more?

Part of the success in any community is the communication that takes place among its members.

From my perspective, communication has a spiritual aspect. In the book of Romans, Paul

the Apostle gives some guidelines about our involvement with the body (community of members).

Romans 12:3 tells us "not to think more highly than he ought to think"; in other words, not to be conceited.

Romans 12:5 states, "We, being many are one body." We are all part of the community in which we live.

Romans 12:9 advises us to "abhor that which is evil; cleave to that which is good." Within our community, we need to stand for what is good and resist the evil that is around us.

Romans 12:12 instructs us to be "patient in tribulation." Constant complaining and seeking sympathy about the circumstances in which we find ourselves isolate us from our relationships within our community.

When we focus on God and we see the open space within our community, we find a place where we fit in and enjoy the freedom of being in our great Barstow community.

Let us apply the principles of Paul and make the effort to be a part of our community.

Blessings to all,
Chaplain Krupnik

Just doing my job ...



Blair Bruffett, a motor vehicle operator for transportation branch, Installation Division, unloads a compressed natural gas vehicle after towing it off to the CNG filling station at the Yermo annex.

Photo by Sgt. Anwaar AlMoribat

Chapel Services

Protestant Sun. 8:30 a.m.
Mass Sun. 10:30 a.m.

Confession services before Mass

Catholic Rosary

First Saturday of every month.
3 p.m. at the **Base Chapel**.
For more info call 577-6849.

Nebo Bible Study

Wednesday Noon-1:30 p.m.
At the **Chapel Office**.
For more info call 577-6849.



BARSTOW LOG
Marine Corps Logistics Base Barstow, California
Colonel Ingrid E. Bergman, Commanding Officer

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NEWS BRIEFS

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Fridays for the next week's issue. Submit news briefs via e-mail to editor@barstow.usmc.mil.

Traffic court move

The Traffic Court Bailiff is now located in the east end of Building 236, at the Provost Marshal's Office. The hours of operation are 8 to 11 a.m. and 1 to 3:30 p.m., Mondays through Fridays. If you have concerns or questions about your traffic tickets, or need to comply with the 72-hour deadline on your ticket, please visit during the above hours or call 577-6204 or 577-6513 for assistance.

Hold on new cammies

The distribution of the new Marine Corps Combat Utility Uniform to all Marine Corps Exchanges has been put on hold. This is in an effort to keep the recruit depots supplied with enough sets of uniforms to issue to new recruits. As soon as production can meet demand, the supplier will resume shipping to Marine Corps Exchanges. There is no time table right

now as to when that will happen.

Volunteers needed: Barstow baseball leagues

The West Barstow Little League, celebrating its 50th year of baseball, is looking for volunteers interested in umpiring the minor league, little league, junior or senior leagues.

The season begins April 6 and ends June 17. Each league will have about 15 to 20 games playing Monday through Friday evenings. Weekday games begin at 5:10 p.m. There will be a free umpires clinic held in Hesperia.

For more information call Jim McCall, West Barstow Little League president, 256-1265 or 486-1265.

Educational support

The Base Education Office offers Marines with a chance to earn anything from a vocational certificate to a doctorate. It provides information on resources, schools, and requirements for degrees. It also provides degree programs, college credit examinations, military classification exams, and educational counseling. For more information, call 577-6118.

Semper Fit Yoga

Yoga classes will be starting Tuesday at the base gym. The classes will be held Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. in the aerobics room at the base gym. For more information, call Jennifer Patterson, the health promotions coordinator, at 577-6817.

Library/Research Center

The Library/Research Center provides free online computer support, reference material, inter-library loan support, professional reading materials, family entertainment and enrichment. It is located in Building 218 and is open Mondays through Fridays from 10 a.m. to 6 p.m. and Saturdays



and Sundays from 10 a.m. to 4 p.m.

Women's History Month luncheon

A Women's History Month luncheon is scheduled to be held at the Oasis Club from 11 a.m. to 12:30 p.m. March 27.

Anita Lewis, director of the communications division, will be the guest speaker at the luncheon, which costs \$6.50 and includes choice of an Italian sub sandwich with potato salad and sherbert or a tuna combo salad with fruit cup. Tickets must be purchased by March 20.

Contact the following people for tickets:

Name	Phone
Susan Zagorski	577-6752
Sharon Loschen	577-6187
Marva Johnson	577-6965
Cheryl Mathison	577-7705
Susan Louis	577-6993
Evelyn Scott	577-7266

Marine Corps Counter-Intelligence

The Marine Corps is looking for intelligent, motivated and ambitious first-term sergeants and corporals for lateral moves into the counterintelligence/human intelligence specialist military occupational specialty.

The new MOS combines the traditional fields of counterintelligence specialist and interrogator-translator into one occupational field. CI/HUMINT Marines collect tactical information, conduct interrogations and strategic debriefings, analyze intelligence, learn

and use foreign languages, and produce finished intelligence products on espionage, terrorism, sabotage, and surveillance activity within areas where Marines and U.S. forces deploy.

For more information call DSN 365-6870/6227 or (760) 725-6870/6227.

FEEA Scholarships

The Federal Employees Education and Assistance fund is accepting applications until March 29. Federal employees and their family members are eligible for the scholarships, which range from \$300 to \$1,500.

Applicants should have at least a 3.0 grade point average and be enrolled or plan to enroll in an accredited post secondary school in a course of study that will lead to a two-year, four-year or graduate degree.

For an application form, send a self-addressed, stamped #10 business envelope to: FEEA Scholarships; Suite 200, 8441 W. Bowles Ave.; Littleton CO 80123-9501.

Search and Rescue

The San Bernardino County Sheriff's Volunteer Force is looking for volunteers for various search and rescue teams in the area.

Areas in need are: Barstow, Big Bear, San Bernardino, Colorado River, Morongo, Needles, Phelan, Twin Peaks, Chino Hills, Yucaipa and Victor Valley.

To volunteer or for information on qualification requirements and duty requirements contact the nearest sheriff's station, call (909) 387-0641, or visit the volunteer forces Web page at <http://www.co.san-bernardino.ca.us/sheriff/volunts>.

N/MC Relief Society

The Navy/Marine Corps Relief Society's annual fund drive is well underway, and the food sales are already in full swing to help support it.

Every dollar donated to the society's fund drive translates into financial assistance available to

Marines and sailors worldwide.

The following is a list of unit representatives for this year's fund drive. Please contact them to donate to this year's very worthy cause. If you have any questions or wish to volunteer as a key person, contact Ed Guz at 577-6183.

Name	Office	Phone
Bertie Dailey	Public Affairs	577-6430
HM1 Allan Maluto	Medical	577-6575
Staff Sgt. V.K. Nuuhiwa	Admin	577-6891
Kim Pope	Admin	577-6436
Bonnie Rasmussen	Budget	577-6519
Gunnery Sgt. Norman A. Tuzon	C & P	577-6506
Kim Hamilton	C & P	577-6175
Lance Kemock	Maintenance	577-6230
David Madrid	Housing	577-6872
Master Sgt. Carlos Saucedo	Housing	577-6872
Carlos Albornoz	Environmental	577-6173
Lance Cpl. Jason R. Fields	Public Works	577-6028
Ed Guz	Public Works	577-6183
Gunnery Sgt. Bruce Raymond	HqBn	577-6364
Brenda German	MCB	577-7139
Staff Sgt. Ronald Johnson	FSDB	577-7774
Bobbie Campbell	FSDB	577-7774

There are more than 3,000 dedicated, trained and caring volunteers managing the majority of the society's programs and services. At MCLB Barstow the N/MCRS office provides assistance in many ways, not just financial. It is open every Thursday and located in Building 115, next to the Thrift

Store.

The Thrift Store enables service members and their families to purchase used clothing, uniforms and household goods at a nominal cost. The sales from the Thrift Store are returned to the

See N/MCR Page 4

Job Watch

Annnc.No.	Title/Series/Grade	Open	Close	1st Cutoff	Location
DEU-116-02-NR	Security Guard GS-0085-03 (Term NTE 366 days)	03-04-02	03-18-02	03-11-02	MCLB Barstow
DEU-062-02-NR	Mareitals Expiditor WG-6910-07 (Term NTE 366 days)	03-07-02	03-21-02	03-14-02	MCLB Barstow

Applicants interested in announcements beginning with DEA or OTR should submit their résumé to:

Human Resources Service Center, Southwest
ATTN: Code 522 (announcement number)
525 B Street, Suite 600
San Diego, CA 92101-4418

For more information concerning public job announcements visit the Self-Service, Bldg. 37, Monday through Friday from 7 a.m. to 3:30 p.m. or call the Human Resources Office, 577-6357.

If you have Internet access, browse to <http://www.usajobs.opm.gov>.

For information regarding Open Continuous Merit Promotion announcements point your browser to <http://www.donbr.navy.mil>.

This is not an official list. Please see the Websites listed for a complete list.

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pay, housing and cost-of-living allowances.

“It’s still important to retain a look

at the ability of the services to provide opportunities for women,” Abell emphasized. However, he added, military families “have grown in significance and it’s time to add that to the

arena of things that merit our consideration.

“And that’s what we’re going to ask DACOWITS to help us with,” he concluded.

Women sustaining the American Spirit

March is Women’s History Month. This year’s theme is “Women sustaining the American Spirit.”

The tragedy of Sept. 11 galvanized the United States like few events in recent memory. The current upsurge in patriotic feeling and national pride has helped bind the nation together with a common purpose. This burgeoning American Spirit, described in another time by President Franklin Roosevelt as the warm courage of national unity, is symbolic of our strength as a nation.

This strength, founded on what the historian Gordon Wood described as the radical notion of equality of opportunity, embraces the contributions of all Ameri-



cans regardless of background or personal circumstance. The Marine spirit, leavened with our expeditionary heritage and maneuver warfare philosophy, provides a similar source of strength to all Marines.

Women’s History Month is an appropriate time to celebrate the contributions of female Marines to fostering the American spirit.

From pioneering female Marines like Pvt. Opha Mae Johnson, to the female Marines of today, all of whom have answered the call and have become United States Marines and work daily to solidify the Marine Corps’ reputation as the nation’s total force in readiness.

Semper Fi,

Gen. James L. Jones
Commandant of the Marine Corps

MESSAGE from Page 2

vilian Marines that will foster a deeper sense of belonging and will kindle within them a renewed dedication to performance excellence.

Broadening our mentorship programs and promoting a partnership based on mutual respect between Marines and the civilians who support them can further this. I encourage all leaders to help us realize this goal.

I want to thank each of you for what you do for our Corps and pledge my continued support to broadening the opportunities for our civilian Marines, as we all endeavor to further elevate the pride and professionalism within our Corps.

N/MCR from Page 3

Navy/Marine Corps family in the form of relief services. These stores are run by volunteers, like Pearl Brewer who has been a volunteer for more than 35 years at MCLB Barstow.

“We are really in need of volunteers at the Thrift Shop,” said Brewer. “We’re pretty short-handed right now and can use the help.”

By working just a few hours a week, you can make a world of difference.

“If you have children, and you would like to volunteer, we can provide child care through the Child Development Center,” said Brewer, “for four hours a day, 10 a.m. to 2 p.m. every Tuesday and Thursday.”

Interested? Drop by the Thrift Shop or call 256-0444 for more information.



Dave Reeves, contract specialist, serves up nachos at Warehouse 8 at the Nebo Annex. The Contracting and Purchasing office served the nachos and sodas in support of Navy Relief.

Photo by Cpl. Joshua Barnhardt

AROUND THE CORPS

Wolf Pack on the prowl in Norway

By Cpl. Paula M. Fitzgerald
THE SCOUT staff

LANKE, Norway – The eyes and ears of the Wolf Pack will be trained on the snowy hills and valleys of central Norway as 2nd Light Armored Reconnaissance Battalion leads the way into Battle Griffin, the second phase of NATO exercise Strong Resolve '02.

The battalion is supporting Marine Air Ground Task Force-2 and the Norwegian 6th Division and getting some valuable cold weather experience along the way.

“Our primary purpose during the exercise is as the forward reconnaissance unit for the MAGTF,” explained Sgt. Charles Haberle, a vehicle commander for one of the battalion’s light armored vehicles. “We go forward of the MAGTF and gather and relay information that they can use to plan for battle.”

Data such as routes, terrain and where the enemy is located are pieces of intelli-

gence that the MAGTF needs in order to make accurate combat-related decisions, added Haberle, of Hilltown, Penn.

Although the missions assigned to 2nd LAR during Battle Griffin may be similar to those it faces at Camp Lejeune, N.C., the harsh weather here certainly is unique.

“Norway is very nice, and I grew up in the same kind of weather. I love the snow and the mountains,” stated Haberle. As for those who aren’t as accustomed to the conditions he said, “The junior Marines seem to be handling the cold pretty well. They have just sucked it up and dealt with the cold. That’s all you can do when you’re out here.”

The Marines and sailors from 2nd LAR prepared for the wintry weather of Norway months before arriving.

The first phase of their pre-deployment workup occurred at Camp Lejeune during pre-environmental training, where they learned how to construct four and 10-man tents and put on skis and snow-



Photo by Cpl. Paula M. Fitzgerald

A gunner with Light Armored Reconnaissance Battalion, 2nd Marine Division, checks radio communication before a train of Light Armored Vehicles sets out on a road march here during the second phase of NATO exercise Strong Resolve '02.

shoes. Classes about arctic survival techniques and how to prevent and recognize cold weather injuries were also given.

“After we went to PET, the battalion

deployed to Fort Indiantown Gap in Pennsylvania for driver’s training and to learn basic cold weather skills,” stated Haberle.

Shortly after arriving in southern Norway aboard the USS Tortuga Feb. 20, LAR loaded 26 LAVs onto the Joint High Speed Vessel for transport north to the port at Hømmelvik. The remainder was transported by truck to Frigaard.

Once at Frigaard, LAR continued driver training on a snow-covered track with the assistance of Norwegian instructors.

The battalion will have the opportunity to work side by side with Norwegian armor units during the exercise here. “When Battle Griffin begins, LAR will be cross-training with the Norwegian 6th Division,” said 1st Lt. Brent Bombach, executive officer for Alpha Company, 2nd LAR.

According to Bombach the bi-lateral training will continue until the end of the exercise, giving both parties a chance to learn from each other.

The warriors of 2nd LAR and MAGTF-2 will begin returning to the United States later this month.

Battle Color Ceremony thr

By Sgt. Anwaar AlMoribat
Press Chief

Once each year, like clockwork, High Desert residents swarm to an awe-inspiring phenomenon that takes place on the grassy oasis of Sorensen Field. It is a combination of melodic sounds set to motion and accompanied by the rumbles of a silent type of thunder.

The Leathernecks of Marine Barracks 8th and I, Washington, D. C., brought the Marine Corps Battle Color Ceremony in all its regal pageantry here Thursday at noon. Nearly 1,500 people, some from as far away as Los Angeles, came to witness the spectacle.



A field musician displays his talents during a solo at the ceremony.
Photo by Curt Lambert

The Leathernecks of the Marine Corps Silent Drill Platoon spin thier rifles as they go through the paces of their unique silent drill program on Sorensen Field.



Photo by Sgt. Anwaar AlMoribat

The performance was one of several stops the Marines made during their West Coast tour. The Marine Corps Battle Color Ceremony serves as a vital portion of the Corps' public affairs and community relations efforts to bring the Corps and citizens face to face.

The Marine Corps Drum and Bugle Corps preformed first, entertaining the crowd with classic and modern musical arrangements set to orchestrated marching. The drum and bugle corps is the only such unit in America's armed forces today and goes by the moniker, Music in Motion. The members of the drum and bugle corps are selected from some of the best musicians serving in the Corps.

The drum and bugle corps claims its roots were founded in the earliest days of the Corps' history with its first fifes and drummers of the 1800s.

After the music subsided, hushed thunder of the 24-member Marine Corps Silent Drill Platoon rumbled across the field, igniting the crowd into a cheering frenzy with its crisp, precision drill program. Only the chorus of cheers from spectators broke the thunderous sound of the bayoneted M1 service rifles handled by the Marines.

No verbal commands were given during the drill portion of the ceremony, thereby increasing the crowd's anticipation and thrill level. A sound metering of the applause would have indicated that excitement reached a feverish peak during the weapons inspection, when the platoon inspector made his way down the single-filed formation and paused to ensure the cleanliness and serviceability of the Marines' weapons.

The Marines gave their weapons to the inspector, but were not handed over from one person to another. The weapons were tossed high into the air and snapped in by the inspector at the last possible moment, inspected, then thrown back by the inspector with flare and intent. Onlookers sat still, captivated by the well-drilled Marines. They didn't miss a beat.

"I have never been to anything like this before," said wide-eyed 9-year-old Andre Sherman. "Maybe one day I'll join the Marines and be able to do the same things they did."

Sherman is only a youngster, but that is the type of impact the ceremony tends to inspire in those who bear witness to it.

Chances are Sherman, the shutterbugs and many others will be back next year for yet another patriotic display of the Marine Corps Battle Color Ceremony.



Lance Cpls. Robert Anguiano and Bryce Catlett assisted special guests at



Marines fling their bayoneted M1 rifles during the arms inspection.



Marines enjoy the sounds of Music in Motion at the ceremony Thursday aft

ills community



the Marine Corps Battle Color Ceremony, but found time to enjoy the ceremony after completing their mission.

Photo by Curt Lambert



Photo by Curt Lambert



Photo by Rob L. Jackson



Photo by Curt Lambert

Col. Liz Bergman, base commander, salutes the American flag and the Marine Corps colors during the pass-in-review.

ORM tools for summer safety

What to watch out for when planning summer activities and vacations

By Gunnery Sgt. Craig Stanley

Base Safety Specialist

Operational Risk Management is used as a tool to manage the inherent risks presented by military operations.

The same principles can and should be used for all off duty activities.

This simple process has been described as "common sense." Unfortunately, common sense is not an inherent skill.

It must be learned, hopefully, before experience teaches us the hard way.

These are the parts of the tool:

1. Identify hazards.
2. Assess hazards.
3. Make risk decisions.
4. Implement controls.
5. Supervise

So in an off duty situation:

– Determine what you are planning to do (e.g., summer cookouts and barbecues).

What can go wrong?

You don't know whether or not your grill is functional for grilling.

The grill may be inappropriate for grilling greasy meats.

You may not know anything about grilling on a gas or charcoal grill.

You may not have the correct types of charcoal or gas. You may not know the area where you would like to grill. You are not aware of the provisions of grilling in the area where you want to cookout. You don't know if your guest eats grilled food.

–What is the worst thing that can go wrong at any time during this activity?

You could cause an explosion because your gas grill pipes were blocked by some type of obstruction. You could have a gas leak and start a fire by lighting a cigarette. The grill could overturn. You may have the grill too close to the house and the house catches on fire.

You could be transporting a gas tank in your car during the summer and the tank overheats and causes a car explosion.

If you are using a charcoal grill you could be in a closed in environment that will cause the fumes from the charcoal to accumulate to a toxic level. Charcoal produces carbon monoxide.

– What can you do to lower the risks and do this activity? Check the tubes that lead into

insects, spiders, or food grease.

Check grill hoses for cracking, brittleness, holes and leaks. Make sure there are no sharp bends in the hose or tubing. Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If you can't move the hoses, install a heat shield to protect them.

Replace scratched or nicked connectors, which can eventually leak gas.

Check for gas leaks, following the manufacturer's instructions, if you smell gas or when you reconnect to grill to the LP gas container. If you detect a leak, immediately turn off the gas and don't attempt to light the grill until the leak is fixed. Keep lighted cigarettes, matches, or open flames away from a leaking grill. Never use a grill indoors.

Use the grill at least 10 feet away from your house or any building. Do not use the grill in garage, breezeway, carport, porch, or under a surface that can catch fire.

Do not attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or a qualified appliance repair person. Always follow the manufacturer's instructions that accompany the grill.

– Put in place what controls you can. Do not drink alcoholic beverages when grilling.

Do not let guests or children crowd you when cooking on the grill. Secure your grill. Always keep gas container upright.

Never keep a filled container in a hot car or trunk. Always make sure you have plenty of distance between your house and the grill.

Always stay in the immediate area of your grill.

– After you begin your activity, supervise your guests and family. Don't let things get out of control by allowing someone to break the "rules."

After reading the commandant's guidance in Maradmin 098/02, I am sure there are other activities that we could use Operational Risk Management in, but the idea was to get you thinking how to plan any activity.

Please take this time and ensure that you have a great and safe activity. Also, if you find the time, read Maradmin 098/

Sorry Ones runaway with final against Firefighters

By Cpl. Joshua Barnhardt
BARSTOW LOG staff

The Sorry Ones disposed of the Firefighters 45-13 Monday night in the intramural flag football league finals at Sorensen Field.

Larry Chavez led the Sorry Ones to victory at quarterback by throwing five touchdown passes, and Daniel Robinson ran one in to finish off the Firefighters.

The teams played the semifinals right before the final. The Sorry Ones advanced via forfeit, as Supply conceded the game by not showing up. The

Firefighters had to play their way in.

Against the 4-Runners, the Firefighters faced a tough challenge. Peter Vegilante had a touchdown and interception against the Firefighters, but Paul Purdy caught a long touchdown pass to put the game away. The 4-Runners did not play to their usual standard and lost 27-13.

The Firefighters moved on to the final, but quickly fell in a hole they never crawled out of. The Sorry Ones played daring offense and stifling defense all game. The Sorry Ones intercepted Firefighter quarterback Jesse Griego a

few times near the Firefighters' end zone to keep them from scoring.

The Sorry Ones used the fact that they were fresh for the final to their advantage by throwing the deep ball often. The Firefighters showed fatigue from their first game and could not keep up with the fast receivers of the Sorry Ones.

When Robinson took a pitch and ran it in for the final score, the game ended, but the outcome had been decided way before then.

The Firefighters finished second, the 4-Runners third, and Supply fourth in the final standing of the league.



Photo by Cpl. Joshua Barnhardt

Daniel Robinson of the Sorry Ones spins to avoid getting his flags pulled by Jesse Griego of the Firefighters. The Sorry Ones won the finals 45-13.

Shopping tips good for wallet, health

By Jennifer Patterson
Health Promotions Coordinator

General knowledge says the only way to save money at the grocery store is by cutting coupons and buying foods that are on sale.

Shopping this way often has consumers purchasing foods that are not good for their health and not always good for their wallets.



Jennifer Patterson

Here are some tips to follow to bring home healthier foods and better deals.

Choose individual servings.

Buy snacks like chips, cookies, and candy in individual-sized packets.

Single serving packages limit the amount a person will eat at once. This makes the snacks last longer and helps

Tools to help on the road to fitness

There will be a nutrition review Wednesday in Bldg. 406 from noon to 1 p.m. and Microfit assessments can be done by appointment at the base gym.

The purpose of the Microfit assessments is to find out how fit people are and what they can do

to improve their fitness.

The fitness contest this month is "Bike across the Southwest." Participants will be awarded with incentive prizes. Bike 300 miles to San Luis Obispo, Calif., 600 miles to Tombstone, Ariz., or 900 miles to Denver, Colo.

satisfy cravings without going overboard on calories.

Skip the soda. Serve water with meals. Soda replaces more nutritious drinks like juice, milk, or water most of the time. Water is much cheaper, calorie free, and all around better for the body.

Avoid the two-for-one special. These specials are usually on things like ice cream, chips, or cookies. These are not the healthiest things to eat, and if the consumer hadn't planned on buying them they are not really sav-

ing them any money.

Plan meals ahead. By planning healthy meals ahead of time a consumer can minimize the urge to buy sale items they don't need. Make a grocery list of the items needed to make this week's meals and only buy one or two things that aren't on the list.

Try a new healthy recipe each week. Some Web sites with healthy meals are <http://www.aicr.org>, <http://www.24hourfitness.com>, and <http://www.campbellkitchen.com>.



By Jim Gaines
MCCS Publicity

Easter Sale

The annual Easter Sale begins Monday at the Super Seven Store and Railhead Exchange. Come in and shop the great Easter bargains.

Big discounts available right now! For example: 30 percent off women's winter fashions. Plus Tele-Floral Easter Specials. New Spring Fashions arriving daily.

This sale runs from Monday through March 31.

The Exchange/Super Seven Store is open Mondays through Fridays 6:30 a.m. to 9 p.m., Saturdays 8 a.m. to 9 p.m., and Sundays and holidays 10 a.m. to 6 p.m.

The Railhead Exchange is open Mondays through Fridays 8 a.m. to 3:30 p.m. During troop rotations, open Mondays to Fridays 8 a.m. to 8 p.m., and Saturdays and

Sundays 10 a.m. to 5 p.m.

Lunch menu

Note: Unless otherwise stated, the menu for the Cactus Cafe is the same as the Family Restaurant.

Today – Pre-sliced Baron of Beef & scalloped potatoes.

Friday – Combo fish fry, rice pilaff, fried cabbage & steamed rice.

Monday – Chicken tenders, regular french fries & cole slaw.

Tuesday – Shepherd pie.

Wednesday – Foot long pastrami subs, fruit cup and New York fountain drink.

Thursday – Family Restaurant: baked potato and salad bar. Cactus Cafe: chicken teriyaki and steamed rice.

Family Night Dining

Tonight – Beef/chicken enchilada, taquitos, refried beans, Mexican rice and dessert.

OASIS CLUB OPEN HOUSE TONIGHT

Doors open at 3:30 p.m.
Live Country band 4 to 8 p.m.
NO COVER CHARGE!



FREE COUNTRY DANCE LESSONS

See you at the Oasis Club!

Open to all MCLB Marines/civilians & their spouses

Call 577-6432 for details

Please submit all Trader Ads to editor@barstow.usmc.mil.

2001 HONDA CBR 929: Low mileage, xlt. cond. \$9,500, OBO. Call 252-1502

1997 FORD 350 DUALY: Crew cab, XLT package, automatic, diesel, long bed, camper shell, new tires/rims and windshield, power everything, tinted windows, sliding read window, \$16,500 firm. Call 253-2133.

1992 CHEVY 2500 SILVERADO PICK-UP: Automatic, extended cab, long bad w/bed liner, heat and A/C, power windows and locks, tilt steering wheel, cruise control, AM/FM cassette, tow package, blue book list at \$9,690 asking \$6,800 OBO. Call 252-8839.

1988 TOYOTA 4-runner (SR5): V-6 with 5 speed trans, 4-wheel drive with locker differential, PS/PW/PDL/CC 165K miles, good cond., \$4,500. Call 253-5397.

1987 HONDA PRELUDE: 2.0 SI, 5spd, clean inside, and outside, fully loaded, CD player, premium wheels, \$2,400, OBO. Contact Tom at 559-8461 during the evening.

1987 NISSAN SENTRA: 5 speed, new engine, new tires, A/C and heat. \$1,500. Call 255-4339.

1983 EL COMINO: 305 engine, AT, A/C, PW, PDLK, rear air shocks, CC, camper shell, good tires and wheels, body in good cond. \$2,500. OBO. Call 255-4205 lv. msg.

1966 DODGE: Station wagon, 383 engine, auto, air, runs needs tlc, \$1,200. Call 245-1913.

MISCELLANEOUS: 5 polished 15 x 7, six lug steel wheels from 94 Nissan 4x4, \$100. Call 253-3081 lv. msg.

MISCELLANEOUS: Dining room set, table with six chairs xlt. Cond. \$300, OBO; Seven piece bedroom set, includes new king size mattress and box springs, xlt cond, \$1,000, OBO, must see to appreciate. Call 256-1430 AWH.

MISCELLANEOUS: Pageant dresses, sizes 2-7, worn only once. Make offer. Call 252-1311 AWH.

MISCELLANEOUS: Sofa, color is gray and white w/delicate yellow flowers, xlt. cond, \$300, OBO; recliner, like new, Color mauve, \$300. Call 256-1430 AWH.

MISCELLANEOUS: Universal weight bench, good for patio or garage workout, \$50; misc. golf clubs, build your own set, \$5 each. Call 252-7198.

MISCELLANEOUS: Bedroom set, 9 drawer dresser w/2 mirrors, 6 drawer tall chest, 3 drawer nightstand, king size bed w/headboard, Mediterranean style. \$400. OBO. Call 256-0924 AWH.

MISCELLANEOUS: Chair, computer desk, black leather, \$20; rocker chair, teal green and recliner, beige, \$20. Call 256-2434.

MISCELLANEOUS: Bed twin size,

wooden frame with two drawers for clothes at bottom, \$60; chair, computer desk, black leather, \$20; chair, swivel rocking, teal green \$20, rocker/recliner, beige, \$20. Call 256-2434.

MISCELLANEOUS: Golf clubs, bag and accessories, new, \$125; Corvair engine, \$125; Volkswagen, all 4 Mag rims, \$55; aluminum awning for carport or patio \$110, Ford Ranger tailgate, \$55. Call 254-1913.

MISCELLANEOUS: Total Gym 11000DLX with accessories, \$600, OBO; NordicTrack V940 elliptical trainer, \$300; high quality treadmill, \$400 OBO. Call 447-1452. (PCS sale)

PETS: Free Springer Spaniel, house trained or outside, very good with children young and old. Call 252-1686.

Annual Notification of Right to Representation

Pursuant to section 7114(a)(2)(b) of Title V, U.S. Code, as ammended by the Civil Service Reform Act (PL 95-454) this is to inform you that AFGE Local 1482 shall be given the opportunity to be represented at any examination of a bargaining unit employee of a management representative ic connection with an investigation if:

(a) the employees reasonably believes that the examination may result in disciplinary action against the employee; **AND**

(b) the employee requests representation.

Signed,

Esther V. Gonzales

Esther V. Gonzales
Human Resources Office
Manager



